

Alcohol, Drugs, & Gambling

ADGS	(905) 546-3806
Needle Exchange Program	(905) 317-9966
Drug and Alcohol Helpline	1-800-565-8603
Men's Withdrawal Management Centre	(905) 527-9264
Womankind	(905) 545-9100
Addiction Services of Hamilton	(905) 521-7925
Alternatives for Youth	(905) 527-4469
Women and Men for Sobriety	(905) 528-6823
Alcoholics Anonymous	(905) 522-8399
Narcotics Anonymous	(905) 522-0332
Cocaine Anonymous	1-866-622-4636
Ontario Problem Gambling Hotline	1-888-230-3505

Employment Services

Community Living Hamilton: Employment Access	(905) 526-9339 x225
Mission Services: Marty Karl	(905) 522-5542 x302
Northern Lights Canada	(905) 527-0968
Ontario March of Dimes	(905) 522-2253
PATH Employment Services	(905) 528-6611
Salvation Army Lawson Ministries	(905) 527-6212
Woodview Worx	(905) 385-9244
SJHH Vocational Counseling	(905) 522-1155 x36618
Weave Partners	(905) 972-0220
Vocational Solutions	(905) 627-0556
Goodwill: The Amity Group	(905) 526-8482 x245
Mohawk College Resource Center	(905) 575-2177
Employment Hamilton	(905) 522-4902

Education

Adult Basic Education Association of Hamilton	(905) 527-2222
St. Charles Adult Education Centres	(905) 577-0555
HWDSB—Red Hill Learning Centre	(905) 561-2190

Bereavement Services

Friends in Grief	(905) 318-0059
www.friendsingrief.homestead.com/schedule.html	
Bereaved Families of Ontario	(905) 318-0070
www.bfo-hamiltonburlington.on.ca	

Looking for a Family Doctor?

Hamilton Academy of Medicine	(905) 528-1611
Health Care Connect	1-800-445-1822



Provided to you by:

East Region Mental Health Services

St. Joseph's Healthcare Hamilton

2757 King St. East
Hamilton, ON L8G 5E4
Phone (905) 573-4801
Fax (905) 573-4802

Community Resources For the Hamilton Area



Crisis Intervention

COAST	(905) 972-8338
Suicide Crisis Line	(905) 522-1477
Sexual Assault Centre	(905) 525-4162
Barrett Centre	(905) 529-7878
Mental Health Helpline	1-866-531-2600
www.mentalhealthhelpline.ca	
Emergency Psychiatry Services (St. Joseph's Hospital)	
50 Charlton Ave.	

Emergency Shelters - Men

Good Shepherd—135 Mary St.	(905) 528-9109
Salvation Army—94 York Blvd	(905) 527-1444
Mission Services—325 James St. N.	(905) 528-7635

Emergency Shelters - Women

Mary's Place—30 Pearl St. N.	(905) 540-8000
Interval House	(905) 387-9959
Martha House—30 Pearl St. N.	(905) 523-8895
Native Women's Centre	(905) 664-1114

Counseling

Women's Centre	(905) 522-0127
Sexual Assault Centre	(905) 525-4162
Catholic Family Services	(905) 527-3823
LGBTQ Community Wellness Center	(905) 525-0300

Child Services

Children's Aid Society	(905) 522-1121
Catholic Children's Aid Society	(905) 525-2012
CONTACT	(905) 570-8888



Housing

Access to Housing	(905) 524-2228
Housing Help Centre	(905) 526-8100
YMCA	(905) 529-7102
YWCA	(905) 522-9922
HOMES Program	(905) 528-3655
CMHA Baldwin House	(905) 521-0090
Homestead Christian Care	(905) 529-0454
Residential Care Facilities	(905) 546-2225

Food Banks

Salvation Army	(905) 540-1888
Good Shepherd	(905) 528-9109
St. Matthew's House	(905) 523-5546
Roxborough PARC Centre	(905) 545-0565
Neighbour to Neighbour	(905) 574-1334
Mission Services	(905) 528-9109
Stoney Creek Food Bank	(905) 643-2090
Kingsway Blessing Centre	(905) 296-9473
Living Rock (Ages 13-25)	(905) 528-7625
Hamilton Dream Centre	(905) 527-8605
Welcome Inn Community Ctr.	(905) 525-5824

Clothing

Good Shepherd	(905) 528-9109
St. Matthew's House	(905) 523-5546
St. Vincent de Paul	(905) 549-3902
Salvation Army	(905) 540-1888

Recreation

Steps to Health	(905) 528-3655
City of Hamilton	
www.hamilton.ca/CultureandRecreation/Recreation	
YMCA	(905) 529-7102
CMHA Evening Recreation Program	(905) 521-0090

Mental Health Agencies

Canadian Mental Health Association	(905) 521-0090
Public Health	(905) 546-3597
Wellington Psychiatric Outreach Program	(905) 522-9767
Community Schizophrenia Services	(905) 527-8515
Hamilton Program for Schizophrenia	(905) 525-2832
IntAc	(905) 528-0683
Hamilton Assertive Community Treatment Team	(905) 522-4273
Assertive Community Treatment Team II	(905) 528-5354

Government Offices

ODSP	(905) 521-7280
Ontario Works	(905) 546-4800
CPP-D	1-800-277-9914
OHIP	1-866-532-3161
WSIB	1-800-387-0750
Telehealth Ontario	1-866-797-0000
General Information	1-800-0 CANADA

Trustee Programs

Public Guardian and Trustee	(905) 546-8300
Good Shepherd	(905) 528-9109
Mission Services	(905) 528-4212
Salvation Army	(905) 527-1444

Advocacy

Psychiatric Patient Advocate Office	(905) 522-1155x36246
Mental Health Rights Coalition	(905) 545-2525

Legal Services

Legal Aid	(905) 528-0134
Hamilton Community Legal	(905) 527-4572
Ontario Rental Housing Tribunal	1-888-332-3234